

## **Breast Cancer Awareness Month**

Facing a cancer diagnosis can be stressful. It may leave you with questions about navigating life with this diagnosis. Your routine mammogram could turn out to be the most important healthcare visit you get each year. A mammogram can alert your healthcare provider of any concerns, and if caught early, you may have access to more treatment options. It is important to know that some patients develop symptoms while others may not until the disease has progressed. Here are some helpful tips to follow:

- Complete monthly self-breast exams
- Know your family history
- Exercise at least 30 minutes a day
- Stop smoking
- Maintain a healthy weight
- Limit your alcohol
- Discuss your mammogram options with your provider



Visit the [Cancer Resources](#) page on the SBO website for information on covered screenings, programs, and tools available to help you prevent and/or control cancer.

## **Depression Awareness Month**

Everyone occasionally has bouts of sadness, but these feelings are usually fleeting. When a person has a depressive disorder, it interferes with daily life and normal functioning. Depression is a common but serious, and sometimes, life-threatening illness that often goes undiagnosed. Here are some signs of depression:

- Persistent sadness
- Appetite and/or weight changes
- Changes to sleeping patterns
- Loss of energy
- Anger, anxiety, irritability
- Guilt or hopelessness
- Losing interest in family activities

The good news is that depression is highly treatable. If you or a family member are living with depression, the first step is to talk with your doctor about having a mental health screening.

More information about available resources to manage depression can be found on the [Employee Assistance Program \(EAP\)](#) page, and the [Behavioral Health/Emotional Wellbeing](#) page.

## **National Dental Hygiene Month**

Practicing good dental hygiene is more than just having a great smile, it also effects your self-esteem, eating habits, daily performance at work or school and more importantly, your overall health. Some signs of poor oral hygiene are cavities (tooth decay) and gum disease. The good news is that you can follow these tips to manage you and your family's dental health:

- Brush your teeth twice a day
- Floss
- Drink tap water with fluoride
- Visit your dentist twice a year for cleanings and call your dentist if you experience pain.

As we approach fall, we want you to enjoy pumpkin spice novelties, candy, and other goodies. With so many choices at this time of the year, it is good to know that most dentists will recommend eating chocolate candy. Chocolate is found to be easier to eat and tends to not stick to your teeth, whereas sweets that are high in sugar, chewy, or hard candies tend to stay on your teeth longer, which can cause cavities. The key is enjoying your favorite fall treats in moderation and following the healthy smile tips mentioned above.

## **Share Your Experience**

Our priority at SBO is simple: to not only deliver high-quality benefits, but also to educate our members. Knowing that experience can be the best teacher, we want to ask our members to share their stories.

Have you or a family member contacted ComPsych for support? Have you used any of the discounts offered through Highmark Delaware or Aetna? Have you scheduled a surgery through SurgeryPlus? We would love to help you share your story! We will gladly accept written testimonials or interview you. Together we can face change and make it easier for our co-workers, friends and neighbors to navigate better health and well-being. [Email SBO](#) to share your story.



## ADHD Awareness Month

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month. ADHD is a neurodevelopmental disorder that may be displayed as hyperactivity, easily distracted, or impulsive behaviors. Most children may display some or all symptoms of ADHD, which makes it



important to schedule an appointment with a well-qualified provider who will determine if the child has ADHD or perhaps another disorder. Parents raising children that have been diagnosed with (ADHD) can find it challenging to find the right treatment and the skills needed to manage the behavior(s). For some children, finding the right medication may be all that is needed, however, for others they may need a combination of medication and therapy. Every child's needs and responses to treatment are different, so it is important to work with your primary care provider to find the right combination of treatment(s). In addition, it can be helpful for parents and caregivers to attend counseling sessions, where you can learn various techniques to assist with your child's behavior.

Adults that are managing their own ADHD can improve their symptoms by taking the right medication. These medications are used to assist with organizing your life to make things easier. It is recommended that you plan your activities in advance so that you can manage restlessness, for example, taking notes in a meeting to keep yourself busy.

You can find more helpful tips and resources on the [ComPsych® GuidanceResources®](#) page and Aetna members can access the Healthwise website from the [Aetna](#) member website.

## Upcoming Webinars

Aetna offers monthly [webinars](#) that employees, pensioners and their family members can attend, regardless of enrollment in an Aetna health plan. There is no need to register, simply click a link below to attend.

- Health and Well-Being in the Workplace  
[October 13, 2021 @ 5:00pm](#)
- Practical Tips for Returning to the Office  
[October 27, 2021 @ 10:00am](#)

## Did You Know?

Did you know that Highmark Delaware offers members *Tips to Get the Most Out of Your Health Plan and Simplify Your Experience?* Whether you are looking for an in-network provider, places to have tests completed or planning for an upcoming procedure, you have access to an easy-to-use tool to help you find the right provider or facility. You can

also access discounts through Highmark Delaware's Blue365 for fitness, travel, nutrition, and more. Stay informed on the latest information about your health plan and access other resources through the new Account Tips link on the Highmark Delaware page of the [SBO website](#). Access the page by selecting your group, then click Highmark Delaware.

## Healthy Recipe

Looking for a fun fall snack to make with kids? Try Monster Mouths.

### Ingredients:

- Almond slices
- 1 apple, cut into quarters, lengthwise
- Dark chocolate chips
- Peanut butter

### Recipe:

1. Get help from an adult to carve a long "v" shape out of each apple slice to create your monster's mouth.
2. Poke almond slices into the hollow mouth area
3. Use small dabs of peanut butter to stick two dark chocolate chips onto two almond slices. Then use more peanut butter to place the "eyes" on the skin of the apple above the mouth.

Recipe from [Delta Dental](#).



**Hidden Treasures:** Review the information on the Employee Assistance Program page of SBO's website and email the web ID used to access ComPsych's website to [sbo.communications@delaware.gov](mailto:sbo.communications@delaware.gov) (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Julia B. from the Department of Justice!